

This week's issue:

JUNK FOOD: SHOULD SCHOOLS SELL IT?



Many young people now **acknowledge** that eating too much junk food is not good for their health. They realize that soda, chips, and candy have little nutritional value. They know that these foods have too much sugar, salt, fat, and refined starches. Yet they continue to eat junk food regularly. Many also admit that they do not **incorporate** enough exercise into their daily routines.

There is a higher **incidence** of type 2 diabetes among youth in recent years. This has been linked to rising obesity rates. Diabetes is a disease in which either the body's insulin levels are too low or the body does not respond to the insulin level that is present. The digestive system breaks down food to make glucose, which provides the body's energy. Insulin is an important hormone that helps the body utilize glucose. Insulin is needed to **transport** glucose to muscles and other tissues of the body.

Despite the link between diabetes and weight, some think that schools should keep selling soda and snacks. They argue that students should have a choice about what they eat. Selling snacks also generates money for schools. Other people think that schools make junk food too accessible. They believe that schools should cooperate with health professionals on **initiatives** aimed at changing kids' eating and fitness habits. For example, schools could fill snack machines with more nutritious foods.

Should schools sell the unhealthy snacks students want, or do they have a responsibility to promote healthy habits?

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acknowledge | incidence | incorporate | initiative | transport

USE THE FOCUS WORDS

acknowledge (*verb*) to recognize; to accept

➞ **Sample Sentence:** My teacher finally **acknowledged** that my way of solving the math problem was just as good as hers.

🗣️ **Turn and Talk:** Talk about a time when you **acknowledged** that you made a mistake.

incidence (*noun*) occurrence

➞ **Sample Sentence:** There has been a higher **incidence** of type 2 diabetes among youth in recent years.

🗣️ **Turn and Talk:** What factors increase the **incidence** of diabetes in humans?

incorporate (*verb*) to include

➞ **Sample Sentence:** Yasmin **incorporated** more fruits and vegetables into her diet.

🗣️ **Turn and Talk:** How do you **incorporate** exercise into your daily activities?

initiative (*noun*) plan or strategy to solve a problem

➞ **Sample Sentence:** The principal's new **initiative** gives laptops to every student as a way to increase student achievement.

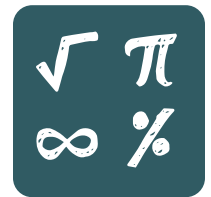
🗣️ **Turn and Talk:** Do you think **initiatives** to promote technology in the classroom help students do better in school?

transport (*verb*) to carry from one place to another

➞ **Sample Sentence:** Blood **transports** oxygen from the lungs to cells all over the body.

🗣️ **Turn and Talk:** What things do you regularly **transport** from school to home?

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DO THE MATH

As the **incidence** of type 2 diabetes climbs, researchers are doing more and more studies on good nutrition. Food companies try to **incorporate** findings from these studies so that consumers will continue to buy their products.

Frito-Lay is a company that makes Doritos, Cheetos, and other snack foods. These snacks are tasty, cheap, and easy to **transport**. Frito-Lay **acknowledges** that many of its foods are high in fat and sodium. Over the years, it has sponsored different **initiatives** to make its food healthier. One fat-cutting **initiative** led the company to develop Baked Lay's potato chips.


Here is some nutritional information about Baked Lay's chips, Classic Lay's chips, and a fresh apple.

	Lay's Classic Potato Chips	Lay's Baked Potato Chips	Apple
Serving Size	1 oz.	1 oz.	1
Calories	160	120	100
Fat	10 g	2 g	0 g
Sodium	170 mg	135 mg	2 mg

Option 1: The American Heart Association recommends that Americans eat a maximum of 1,500 mg of sodium each day. What percentage of a person's daily recommended sodium intake is in one bag of Lay's Baked Potato Chips?

- A. 6%
- B. 9%
- C. 11%
- D. 12%

Option 2: A large apple weighs about 8 ounces. There are 16 ounces in a pound. Based on this information, how many pounds of apples would you have to eat to equal the sodium in one serving of Baked Lay's?

 **Discussion Question:** People like bagged snacks because they are cheap, easy to store, and easy to **transport**. However, the high **incidence** of illnesses caused by unhealthy diets has become a national problem. Many different health **initiatives** call for kids to snack on fresh fruits and vegetables. Schools **acknowledge** that fresh fruits and vegetables are healthy, but they are expensive. How could your school encourage all students to eat fresh fruit each day? **Incorporate** what you know about day-to-day life in the classroom and the lunchroom. What would work best for your school?

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THINK SCIENTIFICALLY

“Given the **incidence** of obesity among young people, I don’t understand why our school sells junk food to students,” says Brianna.

“The vending machines raise money to help maintain the athletic facilities, **transport** teams to games, and other stuff like that,” says Anthony. “So while I **acknowledge** that junk food can be unhealthy, I think there can be an indirect benefit to students’ health when the sale of junk food helps fund school athletics.”

“Seriously?” says Brianna. “That makes about as much sense as selling fire-starting licenses to arsonists in order to fund the fire department!”

Anthony laughs. “Well,” he says, “it’s not like anyone is forcing students to buy and eat junk food. The nutritional information is printed right there on the packaging, so people know what they’re getting.”

“Fair enough,” says Brianna, “except that most people probably don’t read that stuff, and wouldn’t understand it if they did.”

“People should take more **initiative** to learn about what they’re eating and take care of their own health,” says Anthony. “I would rather **incorporate** more nutrition education into our science class than have more rules about how the school is allowed to raise money for sports and other good programs.”

“Maybe you two could help the class learn to interpret the nutrition labels on food,” says Mr. Seemy.

Brianna and Anthony brought in this portion of a nutrition label from a family-size bag of Lay’s Classic Potato Chips, and posed some questions:

These nutritional statistics are for a serving of 1 ounce of potato chips—about 15 chips. If you ate 2 ounces of chips, how many calories would you consume?

Fat contains about 9 calories per gram. How many calories from fat are in one serving? _____

Carbohydrates contain about 4 calories per gram. How many calories from carbohydrates are in one serving? _____

Protein contains about 4 calories per gram. How many calories from protein are in one serving?

Nutrition Facts	
Serving Size 1 oz (28g/About 15 chips)	
Servings Per Container 10	
Amount per serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
*Percent Daily Values are based on a 2,000 calorie per day diet. Your daily values may be higher or lower depending on your calorie needs.	

What do the approximate number of calories in fat, carbohydrates, and protein add up to? Is this close to the total calories listed for one serving? _____

It’s typically recommended that 20–35% of the total calories in your diet should come from fat. What percentage of the calories in these potato chips comes from fat?

Twenty servings of these potato chips would supply 100% of the daily recommended fiber. Would this be a good way to get all your fiber? Why or why not?



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DEBATE THE ISSUE

Pick one of these positions (or create your own).

A

Schools should not allow junk food to be sold on campus.

OR

B

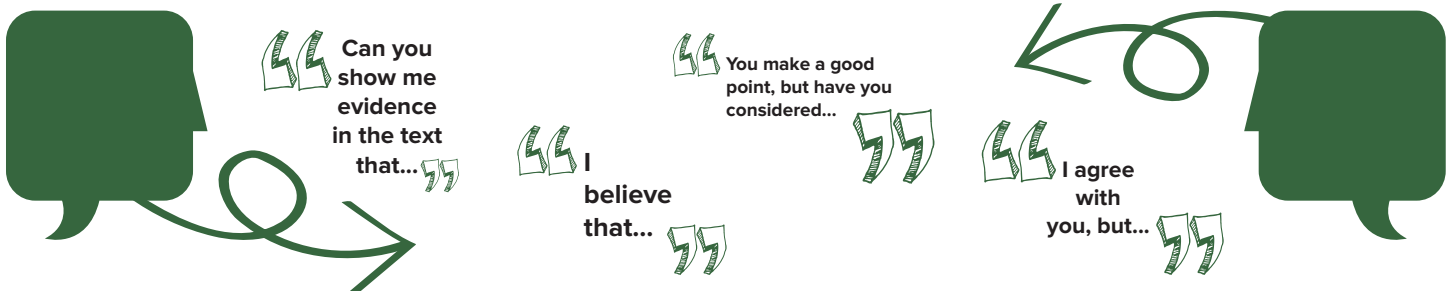
Schools should allow junk food to be sold on campus.

OR

CREATE YOUR OWN

Jot down a few notes on how to support your position during a discussion or debate.

Be a strong participant by using phrases like these:



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TAKE A STAND



Support your position with clear reasons and specific examples. Try to use relevant words from the Word Generation list in your response.

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